

# Sylacauga City Schools

Base Menu Spreadsheet

Portion Values - Detailed

Page 1

Jan 7, 2019 thru Jan 31, 2019

IV Breakfast K-5

Generated on: 1/2/2019 9:40:09 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 01/07/2019</b>							
IV Breakfast K-5	Total						
Breakfast, Sausage Sandwich	sandwich	230	320	19.0	14.0	5.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		425	449	57.89	14.09	5.02	0.00
% of Calories				54.5%	29.9%	10.6%	0.0%
Nutrient Guideline		350-500	540			<10.00	

<b>Tue - 01/08/2019</b>							
IV Breakfast K-5	Total						
Pancake/Sausage on a Stick	Serving	226	338	16.92	14.1	4.23	0.00
Syrup, Ind.	1 Each	80	30	20.0	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		475	464	71.70	14.19	4.25	0.00
% of Calories				60.4%	26.9%	8.1%	0.0%
Nutrient Guideline		350-500	540			<10.00	

<b>Wed - 01/09/2019</b>							
IV Breakfast K-5	Total						
Strudel Stick, Apple	1 EACH	210	280	36.0	6.0	1.50	0.00
Strudel Stick, Cherry 2016	1 EACH	210	280	37.0	6.0	1.50	0.00
Icing	teaspoons	35	0	9.05	0.0	0.00	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		427	373	83.65	6.09	1.52	*0.00
% of Calories				78.3%	12.8%	3.2%	*0.0%
Nutrient Guideline		350-500	540			<10.00	

<b>Thu - 01/10/2019</b>							
IV Breakfast K-5	Total						
French Toast Sticks: 4=2B	4 PIECES	300	400	43.0	13.0	3.00	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

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Portion Values - Detailed

Page 2

Jan 7, 2019 thru Jan 31, 2019

IV Breakfast K-5

Generated on: 1/2/2019 9:40:09 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average		574	706	81.77	20.09	5.02	0.00
% of Calories				57.0%	31.5%	7.9%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Fri - 01/11/2019							
IV Breakfast K-5	Total						
Cereal Bowl, Lucky Charms, WG	1 each	110	180	23.0	1.0	0.00	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal, Fruit Loops	1 each	110	170	24.0	1.0	0.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		305	296	61.89	1.73	0.34	0.00
% of Calories				81.3%	5.1%	1.0%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Mon - 01/14/2019							
IV Breakfast K-5	Total						
Breakfast, Sausage Sandwich	sandwich	230	320	19.0	14.0	5.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		425	449	57.89	14.09	5.02	0.00
% of Calories				54.5%	29.9%	10.6%	0.0%
Nutrient Guideline		350-500	540			<10.00	

Tue - 01/15/2019							
IV Breakfast K-5	Total						
Pancake/Sausage on a Stick	Serving	226	338	16.92	14.1	4.23	0.00
Syrup, Ind.	1 Each	80	30	20.0	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		475	464	71.70	14.19	4.25	0.00
% of Calories				60.4%	26.9%	8.1%	0.0%
Nutrient Guideline		350-500	540			<10.00	

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Page 3

Jan 7, 2019 thru Jan 31, 2019

IV Breakfast K-5

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Wed - 01/16/2019</b>							
IV Breakfast K-5	Total						
Poptart, Strawberry WG	1 EACH	180	180	38.0	2.5	1.00	0.00
Cheese, String, Mozz	1 OZ	80	150	1.0	6.0	3.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		455	459	77.89	8.59	4.52	0.00
% of Calories				68.5%	17.0%	9.0%	0.0%
Nutrient Guideline		350-500	540			<10.00	

<b>Thu - 01/17/2019</b>							
IV Breakfast K-5	Total						
French Toast Sticks: 4=2B	4 PIECES	300	400	43.0	13.0	3.00	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		574	706	81.77	20.09	5.02	0.00
% of Calories				57.0%	31.5%	7.9%	0.0%
Nutrient Guideline		350-500	540			<10.00	

<b>Fri - 01/18/2019</b>							
IV Breakfast K-5	Total						
Cereal Bowl, Lucky Charms, WG	1 each	110	180	23.0	1.0	0.00	0.00
Cereal Bowl, Cinn Toast Crunch	Bowl	110	150	22.0	3.0	0.50	0.00
Cereal, Fruit Loops	1 each	110	170	24.0	1.0	0.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		305	296	61.89	1.73	0.34	0.00
% of Calories				81.3%	5.1%	1.0%	0.0%
Nutrient Guideline		350-500	540			<10.00	

<b>Tue - 01/22/2019</b>							
IV Breakfast K-5	Total						
Breakfast, Sausage Sandwich	sandwich	230	320	19.0	14.0	5.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00

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Page 4

Jan 7, 2019 thru Jan 31, 2019

IV Breakfast K-5

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Daily Average % of Calories		425	449	57.89 54.5%	14.09 29.9%	5.02 10.6%	0.00 0.0%
Nutrient Guideline		350-500	540			<10.00	

Wed - 01/23/2019							
IV Breakfast K-5	Total						
Strudel Stick, Apple	1 EACH	210	280	36.0	6.0	1.50	0.00
Strudel Stick, Cherry 2016	1 EACH	210	280	37.0	6.0	1.50	0.00
Icing	teaspoons	35	0	9.05	0.0	0.00	*0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		427	373	83.65 78.3%	6.09 12.8%	1.52 3.2%	*0.00 *0.0%
Nutrient Guideline		350-500	540			<10.00	

Thu - 01/24/2019							
IV Breakfast K-5	Total						
French Toast Sticks: 4=2B	4 PIECES	300	400	43.0	13.0	3.00	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		574	706	81.77 57.0%	20.09 31.5%	5.02 7.9%	0.00 0.0%
Nutrient Guideline		350-500	540			<10.00	

Fri - 01/25/2019							
IV Breakfast K-5	Total						
Poptart, Strawberry WG	1 EACH	180	180	38.0	2.5	1.00	0.00
Cheese, String, Mozz	1 OZ	80	150	1.0	6.0	3.50	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average % of Calories		455	459	77.89 68.5%	8.59 17.0%	4.52 9.0%	0.00 0.0%
Nutrient Guideline		350-500	540			<10.00	

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Page 5

Jan 7, 2019 thru Jan 31, 2019

IV Breakfast K-5

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	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
<b>Mon - 01/28/2019</b>							
IV Breakfast K-5	Total						
Breakfast, Sausage Sandwich	sandwich	230	320	19.0	14.0	5.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		425	449	57.89	14.09	5.02	0.00
% of Calories				54.5%	29.9%	10.6%	0.0%
Nutrient Guideline		350-500	540			<10.00	

<b>Tue - 01/29/2019</b>							
IV Breakfast K-5	Total						
Pancake/Sausage on a Stick	Serving	226	338	16.92	14.1	4.23	0.00
Syrup, Ind.	1 Each	80	30	20.0	0.0	0.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		475	464	71.70	14.19	4.25	0.00
% of Calories				60.4%	26.9%	8.1%	0.0%
Nutrient Guideline		350-500	540			<10.00	

<b>Wed - 01/30/2019</b>							
IV Breakfast K-5	Total						
Breakfast Bagel	SERVING	177	451	21.59	5.89	1.96	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		371	580	60.48	5.98	1.98	0.00
% of Calories				65.2%	14.5%	4.8%	0.0%
Nutrient Guideline		350-500	540			<10.00	

<b>Thu - 01/31/2019</b>							
IV Breakfast K-5	Total						
French Toast Sticks: 4=2B	4 PIECES	300	400	43.0	13.0	3.00	0.00
Sausage Link; 1 link	1 link	80	178	0.0	7.0	2.00	0.00
Fruit- Fresh, Frozen, Canned	1/2 cup	63	6	16.33	0.14	0.02	0.00
Juice Assortment	SERVING	64	4	15.2	0.0	0.00	0.00
MILK, 1% FAT	HALF PINT	95	100	11.32	0.0	0.00	0.00
MILK, FF SKIM	HALF PINT	83	103	12.15	0.2	0.12	0.00
MILK, FF CHOCOLATE	HALF PINT	120	160	20.0	0.0	0.00	0.00
Weighted Daily Average		574	706	81.77	20.09	5.02	0.00
% of Calories				57.0%	31.5%	7.9%	0.0%
Nutrient Guideline		350-500	540			<10.00	

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Page 6

Generated on: 1/2/2019 9:40:09 AM

	Portion Size	Cals (kcal)	Sodm (mg)	Carb (g)	T-Fat (g)	S-Fat (g)	Tr-Fat <sup>1</sup> (g)
Weighted Average		453	492	71.17 62.8%	12.11 24.0%	3.76 7.5%	*0.00 *0.0%

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	453		350 - 500	100%				
Sodium (mg)	492		540					
Carbohydrate (g)	71.17	62.78%						
Total Fat (g)	12.11	24.04%						
Saturated Fat (g)	3.76	7.46%	<10.00%					
Trans Fat <sup>1</sup> (g)	0.00	0.00%			Missing			

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